

Outdoor Activities to try!

Outdoor activities are often not just FREE but also a load of fun. Check out these suggestions below.

Walking

Stroll – The pavement is your friend here, and there are plenty, even in our local parks and green spaces of which there are over 60! Visit one today for a short walk. Set yourself a time to aim for and gradually increase this.

Hike – Once feeling a bit fitter why not try taking a more vigorous walk to the Dream, or up Moss Bank Hill and to Crank Caverns, you could even tackle Billinge Hill.

Join a group – You could link with local groups. Walk with the [Healthy Living](#) team or join the [Ramblers](#)

Cycling

Whether it's Road Cycling or Mountain Biking, St Helens has some great routes to use your bike on. Contact Active Travel on 01744 676 174 or cycling@sthelens.gov.uk for more information, including local route and cycle training and maintenance.

Join a group – Why not join a local [cycling group](#) to help keep you motivated?

Couch to 5k

Sessions are available to join at Sutton Leisure Centre. Join other people who are just starting to jog and build up steadily and safely. Available Mondays and Wednesdays 6 – 7pm or Saturdays 9 - 10am.

Join a running club – there are a number of local running clubs offering friendly support and guidance. Why not try this [one](#)?

Outdoor Gyms

6 of your local parks now have outdoor gyms in. They are FREE to use and have instructions on each piece of equipment. Find out where they are [here](#).

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